

AMENDMENTS TO THE CLAIMS:

Please cancel claims 1-14 and add a new set of claims 15 through 34. This listing of claims will replace all prior versions, and listings, of claims in this application:

Listing of Claims:

Claims 1-14 (Cancelled).

15. (New) A method for producing a physiologically compatible phospholipid-containing stable and hard matrix consisting of a supporting material and a bioactive component, the method comprising the steps of:

- providing an acetone-insoluble phospholipid component as said bioactive component as a starting material;
- providing the supporting material; and
- preparing said matrix;

wherein said matrix has a total diameter between 0.1 μm and 5000 μm and contains $\geq 5\%$ by weight, based on the starting material, of acetone-insoluble phospholipid components as the bioactive component.

16. (New) The method as claimed in claim 15, wherein the matrix contains between 5 and 90 % by weight, based on the starting material, of acetone-insoluble phospholipid components.

17. (New) The method as claimed in claim 16, wherein the matrix contains between 20 and 80 % by weight, based on the starting material, of acetone-insoluble phospholipid components.

18. (New) The method as claimed in claim 17, wherein the matrix contains between 40 and 70 % by weight, based on the starting material, of acetone-insoluble phospholipid components.

19. (New) The method as claimed in claim 15, wherein the matrix contains (lyso)phosphatidyl serine, (lyso)phosphatidyl choline, (lyso)phosphatidyl ethanolamine, (lyso)phosphatidyl inositol, (lyso)phosphatidyl glycerol and/or derivatives thereof and/or sphingophospholipids, in particular sphingomyelin as acetone-insoluble components.
20. (New) The method as claimed in claim 15, wherein the supporting material contains (un)modified carbohydrates and proteins, hydrophobic materials such as waxes, triglycerides, lipids and polymers or mineral components such as silicates and mixtures thereof.
21. (New) The method as claimed in claim 20, wherein the carbohydrates are starch (derivatives), mono- and disaccharides and sugar alcohols thereof, glucose syrup, dextrins and hydrocolloids such as alginates, pectins, chitosan and cellulose (derivatives).
22. (New) The method as claimed in claim 20, wherein the proteins are plant, animal or microbial proteins such as zein, gluten, gelatin, casein or whey proteins, soybean protein as well as single-cell proteins, texturized proteins or mixtures thereof.
23. (New) The method as claimed in claim 20, wherein the proportion of supporting material is ≤ 95 % by weight, based on the total weight of the matrix.
24. (New) The method as claimed in claim 23, wherein the proportion of supporting material is between 30 and 80 % by weight, based on the total weight of the matrix.
25. (New) The method as claimed in claim 15, wherein the matrix contains additional bioactive substances such as amino acids, vitamins, polyphenols, carbohydrates, lipids, trace elements, mineral substances and suitable derivatives thereof.

26. (New) The method as claimed in claim 15, wherein the total matrix has a diameter between 10 μm and 1000 μm .
27. (New) The method as claimed in claim 26, wherein the total matrix has a diameter between 50 and 500 μm .
28. (New) The method as claimed in claim 15, wherein the matrix is spherical.
29. (New) The method as claimed in claim 15, wherein the matrix is lens-shaped.
30. (New) The method as claimed in claim 15, wherein the matrix has liquid contents.
31. (New) The method as claimed in claim 15, wherein the matrix is a microcapsule.
32. (New) Functional foods, special foods and dietary supplements comprising the matrix of claim 15.
33. (New) Foods and dietary supplements with delayed release comprising the matrix of claim 15.
34. (New) Method of preventing elevated serum cholesterol levels and diabetes symptoms, strengthening mental fitness, exercise tolerance and fitness by administering the matrix of claim 15.